

Determining the Grain/Bread Servings in a Recipe

Version #1 • Family-Size Recipes

1. List the recipe's *number of servings* in **A** and *serving size* in **B**.
2. **Column #1:** List the recipe's **flour ingredients** in Section I and **cereal ingredients** in Section II.
3. **Column #2:** List the *quantity in cups* of each ingredient, as specified in the recipe.
4. **Column #3:** Indicate *grams per cup* using equivalency charts, such as "Weights of One Cup of Commonly Used Ingredients."
5. **Column #4:** Calculate *total grams* by multiplying column #2 by column #3.
6. **Column #5:** Divide the grams from column #4 by the conversion factor (14.75 or 25) indicated to determine the *grain/bread contribution* from each ingredient.
7. Add all *flour ingredients* to get the Total Flours in **C**.
8. Add all *cereal ingredients* to get the Total Cereals in **D**.
9. Add **C** and **D** together to get *Total Flours and Cereals Servings* in **E**.
10. Divide *Total Flours and Cereals Servings (E)* by the *Number of Servings (A)* to get the *grain/bread contribution per serving of the recipe (F)*. Round this number **down** to the nearest $\frac{1}{4}$ of a serving.

Name of Recipe:		A Number of Servings:		B Serving Size:	
		Convert cups to grams (g) <i>see steps #3 through #5 above</i>			
Column #1	Column #2	Column #3	Column #4	Column #5	
Grain Ingredients in Recipe	Quantity (in cups)	Grams (g) per cup	Total Grams	Determine Grain/Bread Contribution	
Section I: Flours (including whole-grain or enriched flour, bran and germ)					
		x	= g	÷ 14.75 =	svg
		x	= g	÷ 14.75 =	svg
		x	= g	÷ 14.75 =	svg
C				Total Flours:	svg
Section II: Cereals (including oats, barley, corn meal or grits, bulgur or cracked wheat)					
		x	= g	÷ 25 =	svg
		x	= g	÷ 25 =	svg
		x	= g	÷ 25 =	svg
D				Total Cereals: svg	
E				Total Flours and Cereals (C + D): svg	
E	÷ A		= F Round down F to nearest $\frac{1}{4}$.		
Total Flours and Cereals	Number of Servings		Grains/Breads Per Serving of Recipe svg		

One Serving of the Recipe (from B): _____

Provides the following servings of grains/breads* (from F): _____

***NOTE:** To count as a serving of grain/bread, a minimum of $\frac{1}{2}$ serving must be provided for ages 3-5 and a minimum of 1 serving for ages 6-18.